

# Healthy Food In Schools

HEALTHY KIDS | HEALTHY SCHOOLS | HEALTHY COMMUNITIES

## School Lunch Ideas

The list below includes lots of “packable” options for different appetites and food preferences. (Note, the food suggestions do not exclude potential allergens).



- baked whole grain tortilla chips or toasted pita chips with salsa, a cheese string and fruit salad
- tuna noodle salad with fresh red pepper slices
- mixed fruit (fresh and dried) with plain yogurt and a sprinkle of cinnamon sugar, oatmeal muffin
- couscous salad with chick peas, shredded carrot and sliced snap peas
- minestrone soup (in an insulated container) with crackers and a yogurt
- hamburger or veggie burger with all the fixings
- pinwheel sandwiches – spread tortilla with cream cheese and top with meat, shredded cheese and veggies of your choice then roll up and slice into pinwheels
- tuna dipper – mix canned tuna with your favorite seasonings and serve with whole grain crackers, carrot sticks and a yogurt drink
- roast beef, chicken or turkey sandwich with cherry tomatoes, cantaloupe and an oatmeal raisin cookie
- mini pizza (homemade pizza cooked in muffin tin) with cucumber slices and grapes
- bannock or biscuit sandwich – roast beef on a slice of bannock or biscuit with cherry tomatoes and an apple
- meatloaf sandwich with ketchup, mustard, tomato slices and lettuce
- taco salad with taco meat or beans, lettuce, tomato, shredded cheddar cheese and crumbled whole grain tortilla chips
- spaghetti and meat sauce (in an insulated container) with kiwi slices
- ham and Swiss cheese sandwich on rye bread with cucumber slices and cherry tomatoes
- yogurt parfait (yogurt, granola and fruit) with slice of homemade banana bread
- homemade granola energy bar with an apple and a yogurt tube
- whole grain crackers with hummus, mini carrots and an orange
- cereal snack mix (a mixture of your favorite dry cereal ), yogurt drink and a pear

Call toll free for assistance from the School Nutrition Support Team—1-888-547-0535

Visit our website: [www.gov.mb.ca/healthyschools/foodinschools](http://www.gov.mb.ca/healthyschools/foodinschools)

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- cold pita pizza with grapes
- kabobs – bread, cheese, meat, vegetables or fruit on a skewer
- inside out sandwiches - wrap a breadstick with a slice of lean deli meat and stuff with peppers, lettuce, cucumber, tomatoes, or cheese
- make your own snackable lunch box with cleverly cut vegetables, fruit and cheese, rolled up lean deli meat, low fat turkey or ham sausage, mini bagels or buns, bagel chips—use muffin liners or small plastic containers to separate different items
- cold cereal with milk and a banana
- tuna salad sandwich with tomato, lettuce and a pickle packed on the side to add in
- pasta salad with cheese, cooked beans or lean meat and vegetables
- bean wrap (black beans, corn, grated cheddar cheese, guacamole, salsa and sour cream)
- whole grain crackers and cheese with vegetables and dip and a fruit cup
- hummus pita with lettuce, and shredded carrots and cheese
- beef stew (in an insulated container) with a slice of whole wheat bread and an orange
- toasted bagel with cream cheese or peanut butter and jam with yogurt
- egg salad sandwich with lettuce and tomato slices
- sunflower seed butter banana roll up on whole wheat tortilla
- turkey or ham sausage, cheese and whole grain crackers
- salad shaker – mix lettuce, shredded cheese, cucumber, bell peppers and tomato in a container with a lid (send dressing separate) and a whole wheat crusty roll
- raisin bran muffin with yogurt and fresh fruit
- vegetable soup (in an insulated container) with whole grain crackers and a slice of cheese
- cold vegetable quesadilla with low fat sour cream and salsa
- spinach salad with hard boiled egg and whole wheat roll
- chicken wrap on whole wheat tortilla
- chicken pieces with honey mustard dipping sauce, fresh vegetables and a whole grain muffin
- peanut butter and fresh strawberry sandwich on a whole wheat roll
- chili (in an insulated container) with a whole wheat biscuit
- cottage cheese with a fruit cup, a slice of whole grain bread and a oatmeal cookie
- bagel with almond butter, honey and banana
- grilled vegetable pita (peppers, zucchini, eggplant, onion, mushroom) with cheese
- mixed green salad with grilled chicken and whole grain garlic bread
- salmon salad sandwich with lettuce and cucumber slices